

**Abstract of the Disclosure**

A single-sided adhesive tape comprises a film; and a pattern on the film comprising adhesive and non-adhesive sections, wherein the pattern is repeated more than two times across said film with a predetermined spacing therebetween. A double-sided adhesive tape comprises a film having two opposing sides; and on each side, a pattern comprising adhesive and non-adhesive sections, wherein the pattern is repeated more than two times with a predetermined spacing therebetween. Preferably the adhesive sections of the adhesive tape are narrower than the non-adhesive sections. The adhesive sections and non-adhesive sections may be formed in a stripe, checkerboard, wave or dot pattern. The tape can be used as an adhesive note pad or a tape flag, for example. Another aspect of the invention relates to a dispenser containing the tape, the dispenser having an outlet with an arrangement on an inside cover and at a tape outlet of the dispenser which permits the adhesive tape to be moved horizontally and vertically for being discharged without substantially adhering to the dispenser.